
chin up bar

Posted by grenade6 - 2008/05/04 23:40

hey guys im ordering the p90x and im looking to get a chin up bar. the problem is im gona do the workouts in my unfinished basement so theres no door ways or walls lol so i cant us the p90x bar. i was wondering if you us the bar loops and other parts on the bar or just the straight part? because if you need that bar i can do the workouts upstairs but its hot up there with no ac. i was just gona hang a bar off the floor joist and some 2x4 with an old bench press bar and it would only cost me hmmm 5\$ lol

thnx for your time

Re:chin up bar

Posted by Les - 2008/05/05 11:36

I think your idea of using the joist is the best. all the other parts of the bar are for different use at least from what I saw on a similar product on amazon.

your idea will allow you to go super wide when you feel like going berserk

best of all it will cost you \$5

Re:chin up bar

Posted by Iskarp - 2008/05/05 11:59

Talk about old school!!!! For weights, you can use old tires and pipes.

Be sure to wear gloves. Hopefully you will be pumping 100+ pullups in short order and that will be murder on the hands.

Re:chin up bar

Posted by grenade6 - 2008/05/08 17:26

cool ill make up my chinup bar and save my money :-) thnx for the reply
